

Falls are the leading cause of injury death for Idahoans aged 65 years and older. Idaho fall fatalities for this group are almost twice that seen nationally. However, the risk of falls can be reduced by participating in physical activity classes to improve lower body strength, flexibility, balance and overall strength. The Fit and Fall Proof program - a cooperative effort between Idaho Department of Health and Welfare, the local district health departments and Idaho universities, is working to reduce fall injuries, fatalities and related health care costs by offering classes at community sites. The Injury Prevention Programs in the seven Idaho District Health Departments are managed by the following individuals. Contact them for information concerning their programs.

Health District 1	Joanna Adams	(208)415-5141
Health District 2	Deb Merica	(208)799-0379
Health District 3	Carol Cowger	(208)455-5332
Health District 4	Nancy Rush	(208)327-8546
Health District 5	Elvia Caldera	(208)734-5900
Health District 6	Cherie Nelson	(208)478-6315
Health District 7	Timalee Geisler	(208)522-0310